

ABSTRACT

An ink jet recording method is disclosed. In the method ink comprising an actinic radiation curable cationically polymerizable component is ejected from an ink jet recording head and deposited onto a recording medium, and subsequently is cured by exposure to actinic radiation, and an absolute value ($|C - B|$) of difference between a value C and the value B is 0 - 20 mN/m, in which A is a surface tension of a recording medium in mN/m and B is a surface tension of the ink cured by exposing to the actinic radiation in mN/m.